

WAMCLUBS

NEWS AND NOTES

MAY SNAPSHOT

May 1-31	Spring Term Adult & Junior Group Tennis Lessons WH <i>*No lessons May 28-30</i>
May 1 - June 10	Spring Term Adult & Junior Group Tennis Lessons MP <i>*No lessons May 28-30</i>
May 4	Junior Points Board Awards MP
May 7	Mom and Kid Tennis MP
May 11 & 18	Ladies Day & Free Cardio Class MP
May 13	Mixed Doubles Night WH
May 14	Three Court Cardio Class MP
May 9 & 16	Flash Group Lesson - Serves & Serve Return MP
May 20	Flash Group Lesson - Cardio/Move Tennis MP
May 28-30	Weekend Open Swim Begins WH <i>*Sat/Sun, 1-7p Monday, 30 11-3p</i>
May	Flash Private Lessons MP
Wed/Fri	Pickleball Drop In Play MP
Mon/Thu/Fri Sat/Su	Pickleball Drop In Play West Hills

WEST HILLS & MOUNTAIN PARK

THIS AND THAT

Best Wishes To Mike Gaffaney

We would like to express our sincere appreciation to Mike Gaffaney and wish him the very best as he has left the company in pursuit of other opportunities. We thank him for his contributions and leadership in helping make the clubs a continued success. In the interim please contact AGM, Heather at West Hills and AGM, Holly at Mountain Park for further assistance.

New Larger Towels!

We have upgraded our locker room towels to a larger size! We will continue to provide the smaller version as well. We hope you enjoy!

EXTENDED! Outdoor Court Fees Waived through May

Keep in mind that we are offering no court fees for outdoor court reservations through the month of May. With better weather and longer days, it's a great way to enjoy outdoor play and ample court availability. Court fees for outdoor court advanced reservations usage will return June 1.

Outdoor Courts at [West Hills](#)

We will be cleaning the outdoor courts on May 10-12. At this time the majority of the pollen has dropped allowing us to clean them up & make sure they are ready for summer time play! We are not closing all of the outdoor courts as a few will be available during this time. Inquire with the desk.

Indoor Courts at [West Hills](#)

Great news! Our roof repair project on courts 1-6 will be completed soon! The projected date is June 13-17 for courts 4,5,6 and June 20-24 for courts 1,2,3. During this time the courts will be unavailable for play. Outdoor courts will be a great option and available for reservations. We will send a reminder email as the date gets closer.

Ball Machine Remotes

New ball machine remotes are now available at West Hills! Request a remote upon check in to your court with the Service Desk.

Weekend Open Swim

Weekend open swim with lifeguards begins Memorial Day weekend, May 28! We will also offer open swim on Memorial Day, Monday, May 30 from 11-3p. Weekend open swim will be 1-7p on Saturday/Sunday (weather permitting) through June 19. Our summer schedule begins June 20. See current pool schedule(s) on WAMClubs.com or pick up a copy at the club.

Summer Lessons & Programs

Summer is coming fast! Sign up now! Spots still available in tennis lessons & kidkamps!

WEST HILLS & MOUNTAIN PARK

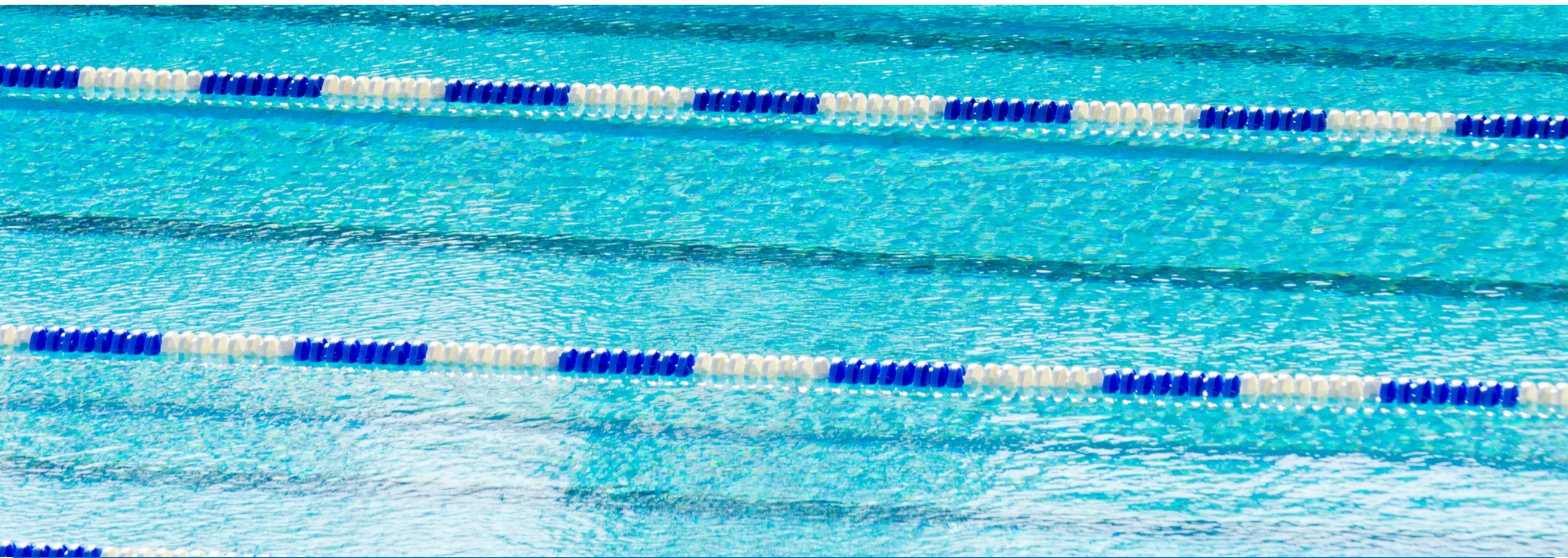
Lap Lane Reservations & Rules

As our outdoor pool at West Hills continues to gain in popularity especially for those members who enjoy lap swimming, endurance conditioning, and low impact training we want to help in reminding everyone that lap lanes can be reserved with advanced reservations through the WAM Clubs app or by calling the service desk.

Of the 5 lanes in the pool lanes 1 and 5 are open for drop in and lanes 2, 3, 4 are available for reservation. Here are some of our lap lane rules that help to provide access to everyone.

- Please arrive on time for your advanced reservation (a 10 min grace period from the start of your scheduled lane is allowed)
- A no-show fee of \$15 will be assessed (please cancel your lane at least 4 hours in advance of your scheduled advanced reservation by calling the club or through the WAM Clubs app)
- Always consider sharing your lane with family members or friends
- Drop-in lanes should be shared whenever possible (circle swim or divide the lane in half is always best)
- Families (adults & children) are encouraged to either make a lane reservation or share drop-in lanes if available

See our pool schedule for all available lap swim times throughout the week at wamclubs.com/swim. Our summer pool schedule and open swim times with lifeguards will be available soon. Look forward to our 2022 Summer Guide listing all the new and exciting WAM Clubs summer programs, events and schedules coming out soon.



WEST HILLS & MOUNTAIN PARK

It's going to be an Epic Summer!

Waves Swim Team is BACK!

After a 2-year hiatus the always fun and exciting Waves youth summer swim team will return for 2022. Not only are we super excited about the return of the Waves swim team, we can also announce that the Metro Summer Swim League will also return as organizer of the regular season swim meet schedule and coordinator of the end of season Championships.

Look for all the information on joining the Waves Swim Team in the WAM Clubs 2022 Summer Guide available soon.

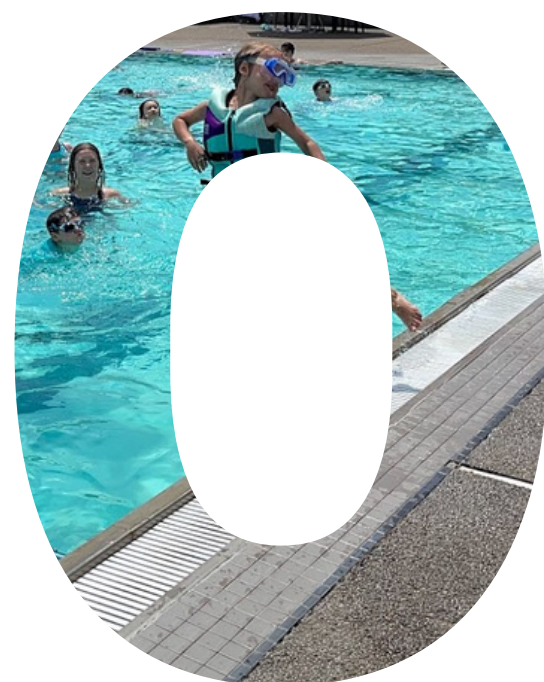
Swim Lessons are Awesome!

Probably the most popular and most requested summer program is our youth group and private swimming lessons. A life skill that everyone should have is to learn personal water safety. Learning to swim at an early age is extremely important and super fun. Our group lesson sessions will be available throughout the summer with session 1 scheduled to start June 20th. Some limited private or semi-private lessons are available now but will become more available as we move into early June.

Registration information along with dates, times and class descriptions will be available in the 2022 Summer Guide coming out soon. Contact our Aquatics Department information email at aquatics@whrfc.com for general information and registration.

Updated Spring & Summer Pool Schedule

Our updated pool schedule will once again be available as we approach our late spring and early summer seasons. Weekend Open Swims (Family Swim with Lifeguards) will start May 28th just in time for the Memorial Day weekend. Weekend Open Swims will continue through June 19th. Our full summer pool schedule will begin June 20th. All updated and new pool schedules are available at wamclubs.com/swim.



WEST HILLS & MOUNTAIN PARK TENNIS

CITY LEAGUE SEASON

2022-2023

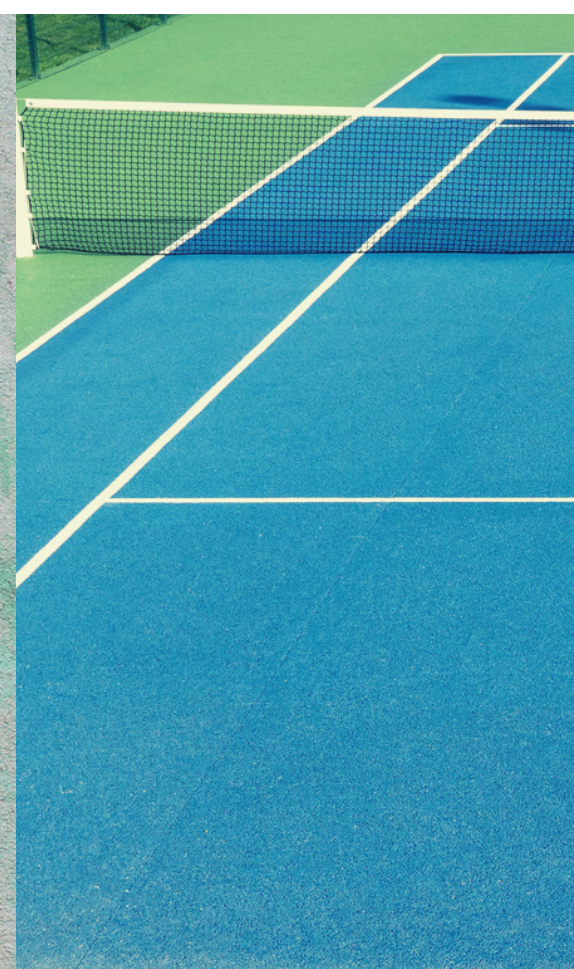
Registration is now open!
Click link below for more
information.



MOUNTAIN PARK



WEST HILLS



Sign up via [wamclubs](#) or
the WAMClub app

How To Register [HERE](#)

Hosted by WAMClubs tennis pros!
The pro will match you up with
players of like ability, every half
hour you will switch partners and
play another set.



MIXED DOUBLES NIGHT

WEST HILLS MAY 13 | 7P

- Limited to 18 men and 18 women
- Fee: \$5.00 - tennis balls and organization are included
- Sign up with or without a partner
- Levels 2.5 and higher
- Sign up via [wamclubs](#) or the WAMClub app
 - How To Register [HERE](#)

West Hills

- Women's Day | Fridays, 9:00-11:30a
- CoEd Night | Tuesdays, 4:30-9:30p
- Men's Day | Saturdays, 12:45-4:30p
- No Fee

**HOSTED
DROP-IN
EVENTS**

Mountain Park

- Women's Night | Mondays, 5:45-7p
- Ladies Day | Wednesdays, 9-10:15a
- Men's Night | Wednesdays, 3:15-7p
- No Fee

Reminder! No Spring Term tennis lessons Adult/Junior
Memorial Day Weekend, May 28-30

MOUNTAIN PARK TENNIS

~MOUNTAIN PARK PRESENTS~

MOMS AND KIDS TENNIS

ON MAY 7TH

FAMILY DOUBLES TENNIS
FUN FOR MOMS AND
ORANGE BALL, GREEN DOT,
& YELLOW BALL JUNIORS!

- 11:30A ORANGE BALL
- 1:00P GREEN DOT
- 2:30P YELLOW BALL

- \$10 PER TEAM
- LIMITED SPACES...(ONLY ADULTS REGISTER TO RESERVE SPACE)
- FOR MORE INFO
CONTACT TENNIS
DIRECTOR ROGER MCKEE

SIGN-UP VIA:
WAMCLUBS APP
OR
WAMCLUBS.COM



Limited to 8 Mom/child teams at each level. Snacks and tennis balls provided. Get ready to smile for your picture!

MOUNTAIN PARK TENNIS

FLASH PRIVATE LESSONS

THE MP TENNIS STAFF IS MAKING IT EASY FOR YOU TO GET ON THE COURT WITH A TENNIS PRO. BOOK A **45 MIN FLASH LESSON** (NEW EXTENDED LESSON TIME), AND WORK ON ONE OR TWO PARTS OF YOUR GAME..... AND IMPROVE!

BOOK YOUR FLASH LESSON VIA [WAMCLUBS.COM](https://wamclubs.com) OR VIA THE WAMCLUBS APP.

- HOW TO REGISTER [HERE](#)

FLASH LESSON IN MAY:

- MAY 10, TUESDAY, MACALL | 10:45A
- MAY 10, TUESDAY, MATT | 2:45P
- MAY 12, THURSDAY, HENRY | 11:30A
- MAY 15, SUNDAY, ANDREW | 6:30P
- MAY 17, TUESDAY, KEVIN | 11:30A
- MAY 19, THURSDAY, TERI | 2:00P
- MAY 20, FRIDAY, MIKE K | 2:00P



QUESTIONS? CONTACT [ROGER](#) FOR MORE INFORMATION.

FLASH GROUP LESSONS

THIS IS A GREAT WAY TO GET STARTED WITH GROUP LESSONS, AND ENJOY THE FUN OFFERINGS.

MAY 9 & 16, 12:45P | FOCUS ON SKILLS - [SERVES AND SERVE RETURN](#)

MAY 20, 5:45P | [CARDIO/MOVE TENNIS](#)

JUNIOR POINTS BOARD AWARDS

Wednesday, May 4, 4:30p

It is fun to improve your tennis, and then reap the rewards! Juniors earning 150 points in the Nike Tennis Camps points board will be recognized with a personalized trophy, and then prizes won in the lottery drawings. Job well done to all our juniors!

Contact Pro [Kevin Hughes](#) for more information



MOUNTAIN PARK TENNIS

LADIES DAY AND FREE CARDIO CLASS

WEDNESDAYS, MAY 11 & 18 | 9:15A

CARDIO CLASSES ARE COMING TO MP! FOR TWO WEEKS, FREE CARDIO CLASSES ARE OFFERED AT 9:15A FOR WOMEN, IN CONJUNCTION WITH THE WEEKLY DROP-IN LADIES DAY HOSTED PLAY.

THERE WILL BE LOTS OF HITTING, MOVEMENT, RUNNING, MUSIC ON THE COURT, AND PRIZE FOR THE PLAYER WHO TAKES THE “MOST STEPS” IN THE SESSION!

LIMITED TO 8 PLAYERS, NTRP 3.0 AND ABOVE.

SIGN UP VIA [WAMCLUBS.COM](https://wamclubs.com) OR VIA THE WAMCLUBS APP.

- HOW TO REGISTER [HERE](#)

QUESTIONS? CONTACT LADIES DAY HOST, [HENRY](#) FOR MORE INFORMATION.



THREE COURT CARDIO CLASS

SATURDAY, MAY 14 | 11:30A

GET READY FOR A TENNIS WORKOUT ON THE COURT, WITH CARDIO TENNIS DRILLS. THE DRILLS AND MUSIC WILL KEEP YOU MOVING!

- LIMITED TO 24 PLAYERS
- GEARED TO THE NTRP 2.5 AND ABOVE WAM MEMBER
- \$10/PERSON
- MORE INFORMATION [HERE](#)
- SIGN UP VIA [WAMCLUBS.COM](https://wamclubs.com) OR VIA THE WAMCLUBS APP.
 - HOW TO REGISTER [HERE](#)



WEST HILLS & MOUNTAIN PARK PICKLEBALL

PICKLEBALL & PIZZA NIGHT

May 20 | 7:00-9:30p | West Hills

JOIN PICKLEBALL PRO, ELIOT FOR A NIGHT OF PICKLEBALL, PIZZA AND BEER/WINE!

SPACE IS LIMITED TO 24 PLAYERS

FEE | \$10 INCLUDES FOOD, 1 DRINK AND GAME ARRANGING

GUESTS ARE WELCOME

AGES 21-35 (MUST BE 21+)

SIGN UP VIA WAMCLUBS.COM , WAMCLUBS APP OR EMAIL [ELIOT](#)

HOW TO REGISTER [HERE](#)



PICKLEBALL DROP IN PLAY

WEST HILLS

MONDAY- 6:00PM TO 8:15PM (4 COURTS)

THURSDAY- 12:45PM TO 3:15PM (2 COURTS)

FRIDAY- 9:00AM TO 11:30AM (4 COURTS)

SATURDAY- 8:00AM TO 11:30AM (4 COURTS)

SUNDAY- 8:00AM TO 11:30AM (4 COURTS)

- OUTDOOR AND INDOOR COURTS
- NO CHARGE
- ALL LEVELS WELCOME

PICKLEBALL DROP IN PLAY

MOUNTAIN PARK

WEDNESDAY- 9:00AM TO 11:30AM (4 COURTS)

WEDNESDAY- 6:30PM TO 8:15PM (6 COURTS)

FRIDAY- 5:45PM TO 8:15PM (6 COURTS)

- INDOOR COURTS
- NO CHARGE
- ALL LEVELS WELCOME

BEGINNING JUNE 1 ALL PICKLEBALL PROGRAMS, INCLUDING DROP-INS WILL USE THE OUTDOOR COURTS WEATHER PERMITTING.

WAMCLUBS FITNESS

HAVE YOU RESERVED YOUR SPACE FOR OUTDOOR FITNESS PROGRAMMING?
RSVP BY EMAILING FITNESS DIRECTOR, HOLLY AT HOLLY.HOWARD@NORTHHP.COM

BOOT CAMP | 9-10A

COME READY TO SWEAT! YOU WILL
EXPERIENCE A TOTAL BODY
WORKOUT, ADAPTABLE TO ALL
FITNESS LEVELS.

JUNE 11 | JULY 9 | AUGUST 6

YOGA | 9-10A

EXPERIENCE A TOTAL BODY
WORKOUT WITH FOCUS ON JOINT
ALIGNMENT, MINDFULNESS, AND
BREATHING TECHNIQUES.

JUNE 25 | JULY 23 | AUGUST 20

LOOKING TO IMPROVE YOUR
PHYSIQUE FOR THE UPCOMING
SUMMER MONTHS?

HIRE A CERTIFIED PERSONAL
TRAINERS TODAY TO HELP REACH
YOUR GOALS IN A TIMELY MANNER!

CONTACT FITNESS DIRECTOR AT
HOLLY.HOWARD@NORTHHP.COM
FOR ADDITIONAL INFORMATION



SIMPLE
CARBS

VS.

COMPLEX
CARBS



WAM'S NUTRITION COACH, WHITNEY
GIVES INSIGHT ON CARBS,
'ARE THEY IN OR OUT?'

READ MORE IN OUR MONTHLY
ARTICLE, *THE EXHALE* [HERE](#)

CONTACT WHITNEY FOR MACRO
NUTRITION COACHING INFO [HERE](#)

WAMCLUBS GENERAL CLUB INFO

REINSTATING CHANGE FEE

EFFECTIVE JANUARY 1, 2022 OUR STATUS CHANGE FEE AND UPGRADE POLICY WILL BE REINSTATED.

- CHANGE OF STATUS FEE IS \$25
- UPGRADE POLICY: IF UPGRADING TO A MEMBERSHIP LEVEL THAT HAS NOT BEEN HELD WE COLLECT THE DIFFERENCE BETWEEN ENROLLMENT FEES; IF THERE IS AN ENROLLMENT PROMOTION WE WILL APPLY THE % TO THE EQUATION.



CLUB HOURS

MONDAY – FRIDAY | 5:30A – 10:00P
SATURDAY | 6:00A - 10:00P
SUNDAY | 7:30A – 10:00P



PROGRAM/LESSON REGISTRATION INSTRUCTIONS

CLICK [HERE](#) FOR DETAILED INSTRUCTIONS ON HOW TO REGISTER FOR WAMCLUBS PROGRAMS AND LESSONS.



SOCIAL MEDIA

STAY UP TO DATE WITH WAMCLUB EVENTS, ACTIVITIES AND ANNOUNCEMENTS! FOLLOW US ON FACEBOOK & INSTAGRAM - @WAMCLUBS



CHANGING YOUR MEMBERSHIP?

REMINDER! ALL MEMBERSHIP CHANGE/CANCEL REQUEST FORMS NEED TO BE SUBMITTED TO JOHANNA IN OUR MEMBERSHIP OFFICE BY THE 20TH OF THE MONTH. IF RECEIVED BY THE 20TH OF THE MONTH THE EFFECTIVE DATE OF THE CHANGE WILL BE THE 1ST OF THE FOLLOWING MONTH. CONTACT JOHANNA IN MEMBERSHIP @ JOHANNA.ZIMBELMAN@NORTHHP.COM

DOWNLOAD OUR WAMCLUB APP

REMINDER TO DOWNLOAD & USE OUR WAMCLUB APP!

- CHECK-IN USING MEMBER BARCODE
- REGISTER & PAY FOR CLASSES/LESSONS.
- VIEW CALENDAR OF EVENTS
- VIEW ACCOUNT & PAY INVOICES



IOS: [HTTPS://APPS.APPLE.COM/US/APP/WAMCLUBS/ID1494938819?LS=1](https://apps.apple.com/us/app/wamclubs/id1494938819?ls=1)

ANDROID: [HTTPS://PLAY.GOOGLE.COM/STORE/APPS/DETAILS?ID=COM.CLUBAUTOMATION.MOUNTAIN.CLUB](https://play.google.com/store/apps/details?id=com.clubautomation.mountain.club)